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Does this *Logo* mean anything to you? Have you seen it before? Perhaps you have already heard and participated in **Bell Let’s Talk**? Maybe you haven’t…but you have heard of mental health. Maybe mental health is somewhat unfamiliar to you. Perhaps it’s something you shy away from. Do you find yourself feeling uneasy when thinking about or talking about mental health? Does the term suicide make you uncomfortable? Do you know what depression is? How about feeling so sad and mad you don’t know if you should scream or just cry.

**Mental health is something worth talking about!**

Take these two scenarios for example…

*I have the sniffles, a bad cough and my stomach ache is about to do me in! I go to the doctor and he tells me I have the flu. It’s that time of year and I didn’t get my flu shot. I miss a day of school. I begin to feel better and return to school after being off sick. My friends know I was away and ask if I am feeling better. I say “yeah almost 100% just still have this lingering bad cough”. Getting sick sucks! It happens to the best of us and we all know how it feels.*

*\* \* \**

*I came home from school feeling so upset and anxious. My parents asked me what was up and I just didn’t have an answer. I just wanted to be left alone. My mind was spinning.*

*Hours begin to pass and I have a feeling inside me I can’t begin to make sense of. I am in my room. I do not know what else to do but cry. I fall asleep. My morning alarm goes off and I can’t get myself out of bed. Mom is bugging me to get ready for school and I lie there still. I can’t go to school. I can’t bring myself to do it. I begin to cry. I cry so much I can’t catch my breath. Maybe this a panic attack or am I beginning to go crazy. Do I go to the doctor? This isn’t a cold and certainly not the flu. I stay home from school. One day turns into two days. Two days soon turns into two weeks. I am sick. I have a mental illness.*

Think about these two situations. Two instances where someone is not feeling like themselves. If you think about it….is there really a big difference?

**Think about mental health. Write down everything that comes to mind. Write down words, feelings or even questions. The bottom of this page should be filled with your thoughts! …. Ready set go!**

**Mental health**

*So what exactly is* ***Bell Let’s Talk****?*

You will be provided with a list of FAQ (frequently asked questions) from the Bell Let’s Talk webpage. Read the questions and answers.

In your own words respond to the following questions.

1. What does the term **stigma** mean and what can people do to stop it?
2. Based off of the information in the FAQs and any background knowledge have you may, what does mental health look like, feel like and sound like? Do the best you can to paint a picture with words.
3. What is the purpose of Bell Let’s Talk Day? Do you agree with having a day dedicated to creating awareness? Why do you think the major corporation like Bell has taken on *Bell Let’s Talk Day* initiative*?*

\*\*\*Please do your written responses in your Writing/Reading notebooks or on a lined piece of paper that can be attached to this page. Make sure to read over your written work. Check for spelling and grammar.

**Take your time to develop some very meaningful responses. Be honest and *show* me your thinking!**

Please feel free to come talk to me if at any point you feel defeated or unsure about your mental health.

I get it. I know. Trust me!

**Exit Ticket: Take out your phones and TWEET using #BellLetsTalk**